



# FEELINGS WORD LIST

*find the right words*

A list of feelings words to help you say what you want to say in the best possible way.



# COMING UP WITH THE RIGHT WORDS TO CONVEY HOW WE TRULY FEEL CAN SOMETIMES BE DIFFICULT.

**When you find yourself struggling with what to say, use our list below.**

- **SAD**, unhappy, down, crushed, dejected, depressed, gloomy, blue, desperate, hopeless, grieved, heavy, despairing, weepy, miserable, sorrowful, distressed
- **ALONE**, lonely, abandoned, deserted, isolated, cut off, detached, disconnected, unwanted, solo, forgotten, forlorn, lost
- **ANXIOUS**, afraid, uneasy, apprehensive, nervous, restless, concerned, worried, scared, tense, fearful, terrified, insecure, frightened, hyper-vigilant, cautious
- **LOVED**, treasured, respected, appreciated, important, valued, adored, cherished, precious, prized, fancied
- **FRUSTRATED**, irritated, unfulfilled, angry, exasperated, discouraged, upset, aggravated, disturbed, annoyed, bothered, infuriated, prevented, hindered
- **HAPPY**, cheerful, delighted, elated, encouraged, glad, gratified, joyful, lighthearted, overjoyed, pleased, relieved, satisfied, thrilled, secure, optimistic
- **LOW ENERGY**, beaten down, weary, exhausted, tired, weak, listless, depressed, drained, lazy, withdrawn, indifferent, apathetic, bored, fatigued
- **OVERWHELMED**, flooded, overpowered, crushed, boxed in, burdened, beaten, distressed, defeated, inundated, hard-pressed, paralyzed, conquered, tense, weighed down, swamped, engulfed, devastated, overcome
- **BETRAYED**, deceived, fooled, duped, tricked, misled, skeptical, let down
- **DISAPPOINTED**, let down, saddened, upset, failed, disheartened, disillusioned, distrustful, frustrated, thwarted, loss of confidence
- **PEACEFUL**, relieved, at ease, calm, comforted, cool, relaxed, composed, protected, content, still, serene
- **ASHAMED**, guilty, mortified, humiliated, embarrassed, foolish, stupid, regretful
- **ANGRY**, annoyed, controlled, manipulated, furious, grouchy, grumpy, irritated, provoked, frustrated, hateful, cold, bitter, cynical, livid, mad, infuriated, outraged, enraged, fuming, irritated, heated, irate, frenzied, beside yourself, up in arms
- **CONFIDENT**, positive, secure, self-assured, assertive, certain, convinced, poised, sure of yourself
- **TRAUMATIZED**, shocked, disturbed, injured, damaged, devastated, troubled, distressed, upset